



<u>diabetes.doh.wa.gov</u>

September 2011

# What's New

## A note from the 2011 Leadership Team Chair

The leadership team met on July 12, 2011. We reviewed the King County Equity Impact Review Tool to actively address disparities and agreed to use the tool when developing annual priorities and completing annual work plan. A link to the tool has been added to the work plan template. There are considerable changes ahead with the CDC reorganization and Chronic Disease Consolidation grant and we are exploring ways to collaborate with other chronic disease and community wellness programs to promote disease prevention and management.

We are grateful for the efforts of the leadership team members, committees, network members and partners for their efforts to reduce the burden of diabetes. We are pleased to highlight the expansion of the YMCA Diabetes Prevention Program and flex plan coverage for the Diabetes Prevention program and CDSMP, the partnering ADA, JDRF, Novo Nordisk, and the Mariners to increase diabetes awareness, and WADE's new site DiabetesAnswers.com which provides free CEU's for health professionals and a marketing campaign.

We would like to include a big thank you to Marcelle Thurston for her time and efforts at DOH in the Diabetes prevention program, on the leadership team, and involvement with the diabetes network. She will be missed, but best wishes to her on her new adventures!

Mary Zornes, BSN, RN, CDE Chair Diabetes Leadership Team

The next Leadership Team meeting will be held *Tuesday, October 11, 2011* at the DOH offices in Kent. LT members

look for further information, including an agenda, within the next few weeks in your email. To learn more about the 2011 Leadership Team, including membership, activities, meeting notes, go to the *Diabetes* 

Wishing a Fond Farewell to Marcelle!

#### Marcelle Thurston is leaving the Diabetes Prevention and Control Program to fulfill a dream to go off-shore sailing. She is taking a mid-career

break to crew with close friends on a 49 foot Transpac from Neah Bay and down the coast of CA. Points from there are unknown. Let's all wish her fair winds and following seas. In the News



# **Health Care Authority decision regarding Glucose Monitoring**

Connection.

#### Many of you may remember when public comment was open to help determine a decision on coverage for self monitoring blood glucose and continuous glucose monitoring. This is the final decision. Here's the link to read more.

This only pertains for age 19 and under. http://www.hta.hca.wa.gov/glucose.html **Committee Decision** Based on the deliberations of key health outcomes, the committee decided that it had the most complete information: a

comprehensive and current evidence report, public comments, and agency and state utilization information. The

## committee concluded that the current evidence on Glucose Monitoring demonstrates that there is sufficient evidence to

cover self-monitoring of blood glucose (SMBG) for insulin dependent individuals under the age of 19. The committee agreed that there is sufficient evidence on continuous glucose monitoring for insulin dependent individuals under the age of 19 to cover with conditions. The committee considered all the evidence and gave greatest weight to the evidence it determined, based on objective factors, to be the most valid and reliable. Based on these findings, the committee voted to cover self-monitoring of blood glucose (SMBG). Based on these findings, the committee voted to cover with conditions continuous glucose monitoring (CGM). New Diagnostic Criteria Recommendations for Diagnosis of Diabetes in Pregnancy From Chris Pelto, Chair of the Communications Committee

Gestational diabetes is a medical complication of pregnancy currently affecting 7-10% of pregnancies. It is defined as "any degree of glucose intolerance with onset or first recognition during pregnancy." The initial criteria for its diagnosis were established more then 40 years ago and remain in use today. There is consensus that diabetes during pregnancy.

whether symptomatic or not, is associated with significant risk for adverse perinatal outcome. The International Association of Diabetes and Pregnancy Study Groups (IADPSG) was formed in 1998 as an umbrella organization to facilitate collaboration between the various regional and national groups that have a primary focus on diabetes and pregnancy. The principle objectives of the IADPSG are to focus an international approach to enhancing the quality of care, enhancing research, and advancing education in the field of diabetes in pregnancy. June 11-12, 2008 at a conference of the IADPSG with more then 225 conferees from 40 countries reviewed the results of the Hyperglycemia and Adverse Pregnancy Outcome (HAPO) study, as well as, the results of other work that exam-

from this conference will be considered by diabetes, obstetric, and other organizations, and will serve as the basis for internationally endorsed criteria for the diagnosis and classification of diabetes in pregnancy. THE HAPO STUDY -- -- The objective of the HAPO study was to clarify associations of levels of maternal glucose lower than those diagnostic of diabetes with perinatal outcome. This was accomplished my performing a 75 gram oral glucose tolerance test on a heterogeneous, multinational, multicultural, ethnically diverse cohort of 25,000 women the third tri-

ined associations of maternal glycemia with perinatal and long-term outcomes in offspring. It is expected that the report

mester of gestation. The HAPO and other studies data show continuous graded relationships between higher maternal glucose and increasing frequency of primacy outcomes (birth weight > 90 percentile, primary c-section, neonatal hypoglycemia, and cord C-peptide >90<sup>th</sup> percentile). Similar associations were also observed for secondary outcomes (preclampsia, pre-term delivery, shoulder dystocia/birth injury, hyperbilirubinemia, and intensive neonatal care). By this new criteria the total incidence of gestational diabetes was 17.8%. Diagnostic recommendations of hyperglycemia in pregnancy recommended by the IADPSG Consensus Panel

1 hr plasma glucose 10.0 mmol/l 180 mg/dl

92 mg/dl

153 mg/dl

Jpcoming Events			
As with previous revision organizations before we	•	mmended by the O.B. providers profess	sional
		!	

5.1 mmol/l

8.5 mmol/l

Diabetes Outreach & Education at the Puyallup Fair

September 16—18, 2011, 10 am to 10 pm Sponsored by the Community Partners for Diabetes Health—Pierce (CPDH)

# The Community Partners for Diabetes Health of Pierce County once again will be at the Puyallup Fair September 16th to

Connection.

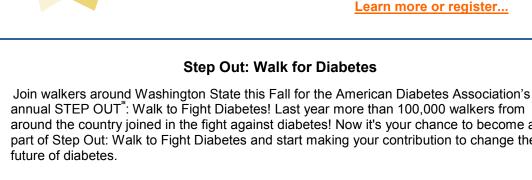
2 hr plasma glucose

FPG

### the 18th! They had a booth last year and were asked by the fair to come back again to educate patrons regarding diabetes. They are currently looking for volunteers to help out with 4 hour shifts Friday-Sunday from 10AM to 10PM (or 9PM). If you are able to help or if you have educational materials to donate contact Karen Barale at

kbarale@cahnrs.wsu.edu or (253) 798-3262. For more information about the Community Partners for Diabetes Health—Pierce (CPDH) go to the Diabetes

Back to School with Diabetes Live Stream Broadcast Wednesday, September 21, 2011, 11:00 am to 12:00 noon (Pacific time) Sponsored by the Utah Diabetes Monthly Telehealth Series



in your area!

# Learn more or register...

The Utah Diabetes Prevention and Control Program offers monthly online Diabetes Brown Bags for healthcare providers. The free broadcasts are held the third Wednesday of each month from 12-1 Mountain time. CEU credits are available and if you miss them you can view archived webcasts on their site.

annual STEP OUT\*: Walk to Fight Diabetes! Last year more than 100,000 walkers from around the country joined in the fight against diabetes! Now it's your chance to become a part of Step Out: Walk to Fight Diabetes and start making your contribution to change the Gather your friends, family and co-workers and form a team today or join an existing team



Organized walks are occurring in the following areas: Clark County, Richland, Seattle, Tacoma, and Spokane.

To learn more go to the American Diabetes Association's StepOut Walk to Stop Diabetes™ Home Page.

Lot's of free presentations and educational activities for people with diabetes to help them learn skills to manage their diabetes. There will also be health screenings.

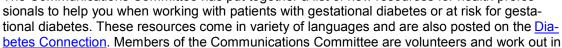
Step Out: Walk for Diabetes

To learn more, and to see the agenda of activities, go to the **Diabetes Connection**.

**Upcoming Regional Diabetes Coalition/Network Meetings** 

To learn more about Regional Diabetes coalitions in Washington visit the Diabetes Connection Regional Coalitions section.

**Punch-Out Diabetes Now! Event** 



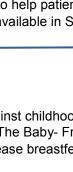
Gestational Diabetes: A Guide for Pregnant Women—A publication from the Agency for Healthcare Research and Quality (AHRQ) that helps answer the questions what is gestational diabetes; how is it treated; and how do I follow up

#### the field, such as you. They are CDEs, RNs, MAs, Health Educators, etc, and they use these materials everyday in their practice. We have a highlighted a few of their favorites here. If you have any that we have missed please send them to <u>Laura Pennington</u> so we can share them with your peers. Thank you to all of the committee members who took the time to submit re-

rates by providing support to mothers.

sources.

after pregnancy? Healthy Weight Gain During Pregnancy—This publication provides women with nutrition and physical activity tips for gaining a healthy amount of weight during pregnancy. It also includes web resources and a worksheet for women and their medical providers to individualize goals. Available in 3 languages. The International Diabetes Center at Park Nicollet—This website offers information for women with gestational diabetes to help them understand and manage it with pregnant and after pregnancy.



- Additional Resources: Hospital Support for Breastfeeding: Preventing obesity begins in hospitals The August 2011 Edition of the CDC Vital Signs talks about how Breastfeeding helps protect against childhood obe-
- first year with diabetes, patients can enroll in the Association's free, Living With Type 2 Diabetes program. Free English or Spanish copies of Where Do I Begin? are available. Order free copies.

Free resource for patients newly diagnosed with type 2 diabetes

Agency for Healthcare Research and Quality (AHRQ) - This website offers lots of great resources for health providers to help you get the best outcome for your patients. There is research findings, clinical practice guidelines, evidence -based practice, CME/CE opportunities, data and surveys, funding opportunities, health IT, quality and patient safety, priority populations, and much more.

Find more new resources on the **Diabetes Connection** or in the **Resources for Health Professionals** section.

Have you checked out the Training Opportunities for Health Professionals section lately on the Connection? Know of

The American Diabetes Association's new, Where Do I Begin? booklet starts to answer many of the questions patients newly diagnosed with type 2 diabetes have at diagnosis. For ongoing information and support throughout their

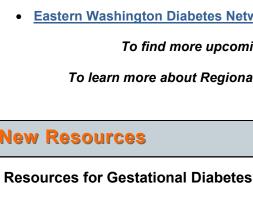
any that we are missing? Please send them to Laura Pennington at: laura.pennington@doh.wa.gov.

If you have questions, comments, or suggested content for this publication contact:

Laura Pennington at laura.pennington@doh.wa.gov or (360) 236-3963.

Tri-Cities Diabetes Coalition: Thursday, September 15th, 11:30 AM —1:00 PM Seattle & King County REACH Coalition:—Thursday, September 22nd, 3:00—5:00 PM Eastern Washington Diabetes Network (EWDN): Wednesday, October 19th 12:30—2:00 PM To find more upcoming events visit the Diabetes Connection events calendar. The Communications Committee has put together a list of new resources for health profes-

American Diabetes Association



Know Your Numbers During Pregnancy—A fact sheet from the Santa Barbara Diabetes Initiative to help patients understand their risk of diabetes and it's complications during pregnancy. English Version, but also available in Spanish. sity. A baby's risk of becoming an overweight child goes down with each month of breastfeeding. The Baby- Friendly Hospital Initiative describes Ten Steps to Successful Breastfeeding that have been shown to increase breastfeeding